

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Tocotrienol, gamma (mg)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: 100 g
Report Run at: November 02, 2015 18:58 EST

NDB_No	Description	Tocotrienol, gamma(mg) Value Per
28334	Cookies, gluten-free, lemon wafer	4.79
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	4.79
04677	Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)	4.29
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	4.15
28286	Bread, paratha, whole wheat, commercially prepared, frozen	3.36
06983	Soup, ramen noodle, chicken flavor, dry	3.30
06583	Soup, ramen noodle, any flavor, dry	3.29
06982	Soup, ramen noodle, beef flavor, dry	3.28
18209	Cookies, sugar wafers with creme filling, regular	3.20
12152	Nuts, pistachio nuts, dry roasted, without salt added	3.14
12652	Nuts, pistachio nuts, dry roasted, with salt added	3.14
07072	Salami, dry or hard, pork, beef	3.04
02009	Spices, chili powder	2.85
04673	Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	2.81
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	2.62
27059	Sauce, peanut, made from peanut butter, water, soy sauce	2.28
18160	Cookies, chocolate chip, commercially prepared, soft-type	2.27
04683	Margarine, margarine-like vegetable oil spread, 67-70% fat, tub	2.04
18166	Cookies, chocolate sandwich, with creme filling, regular	1.83
12151	Nuts, pistachio nuts, raw	1.67
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	1.49
20036	Rice, brown, long-grain, raw	1.34
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	1.30
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	1.30
19056	Snacks, tortilla chips, plain, white corn, salted	1.15
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	1.08
18079	Bread crumbs, dry, grated, plain	1.04
08090	Cereals, corn grits, white, regular and quick, enriched, dry	0.97

NDB_No	Description	Tocotrienol, gamma(mg) Value Per
18961	Crackers, cream, GAMESA SABROSAS	0.97
18185	Cookies, peanut butter, commercially prepared, regular	0.95
07967	Pork sausage, link/patty, fully cooked, unheated	0.93
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	0.90
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	0.90
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	0.90
05324	Chicken patty, frozen, cooked	0.89
42231	Oil, flaxseed, cold pressed	0.89
18376	Bread crumbs, dry, grated, seasoned	0.87
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	0.83
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	0.83
36015	Restaurant, family style, chicken fingers, from kid's menu	0.83
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	0.79
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	0.79
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	0.78
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	0.73
04707	Oil, flaxseed, contains added sliced flaxseed	0.71
18964	Cinnamon buns, frosted (includes honey buns)	0.71
35140	Bread, kneel down (Navajo)	0.71
12154	Nuts, walnuts, black, dried	0.70
12147	Nuts, pine nuts, dried	0.69
28306	Bread, chapati or roti, plain, commercially prepared	0.68
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	0.66
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	0.66
25059	Snacks, brown rice chips	0.65
35234	Piki bread, made from blue cornmeal (Hopi)	0.64
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	0.62
25050	Snacks, yucca (cassava) chips, salted	0.61
19410	Snack, potato chips, made from dried potatoes, plain	0.59
20022	Cornmeal, degermed, enriched, yellow	0.58
20322	Cornmeal, degermed, enriched, white	0.58
20422	Cornmeal, degermed, unenriched, yellow	0.58
20522	Cornmeal, degermed, unenriched, white	0.58
21014	Fast foods, croissant, with egg, cheese, and sausage	0.57
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	0.57

NDB_No	Description	Tocotrienol, gamma(mg) Value Per
21415	POPEYES, biscuit	0.56
22978	Chicken tenders, breaded, frozen, prepared	0.56
05323	Chicken patty, frozen, uncooked	0.55
08580	Incaparina, dry mix (corn and soy flours), unprepared	0.52
11905	Corn, sweet, white, canned, whole kernel, drained solids	0.51
18192	Cookies, shortbread, commercially prepared, plain	0.51
28310	Cookies, shortbread, reduced fat	0.51
36411	Restaurant, Latino, tamale, corn	0.50
08092	Cereals, QUAKER, corn grits, instant, plain, dry	0.47
20037	Rice, brown, long-grain, cooked	0.46
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	0.46
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	0.43
18963	Garlic bread, frozen	0.43
18075	Bread, whole-wheat, commercially prepared	0.42
18214	Crackers, cheese, regular	0.42
25000	Snacks, popcorn, microwave, 94% fat free	0.37
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	0.37
04047	Oil, coconut	0.36
21144	CHICK-FIL-A, hash browns	0.34
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	0.33
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	0.32
07953	Pork sausage, link/patty, fully cooked, microwaved	0.31
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	0.31
19057	Snacks, tortilla chips, nacho cheese	0.31
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	0.31
20651	Rice, brown, parboiled, cooked, UNCLE BENS	0.30
09078	Cranberries, raw	0.29
20001	Amaranth grain, uncooked	0.29
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	0.27
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	0.27
08506	Cereals ready-to-eat, RALSTON Corn Flakes	0.26
18213	Cookies, vanilla wafers, higher fat	0.26
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	0.26
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	0.26
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	0.26

NDB_No	Description	Tocotrienol, gamma(mg) Value Per
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	0.25
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	0.25
32000	Rice and vermicelli mix, beef flavor, unprepared	0.25
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	0.24
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	0.24
35237	Tamales, masa and pork filling (Hopi)	0.24
20142	Teff, uncooked	0.23
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	0.22
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	0.22
22998	Rice and vermicelli mix, chicken flavor, unprepared	0.22
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	0.21
11174	Corn, sweet, yellow, canned, cream style, regular pack	0.21
11772	Corn, sweet, yellow, canned, cream style, no salt added	0.21
11906	Corn, sweet, white, canned, cream style, regular pack	0.21
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	0.21
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	0.21
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	0.21
12086	Nuts, cashew nuts, oil roasted, without salt added	0.20
12087	Nuts, cashew nuts, raw	0.20
12586	Nuts, cashew nuts, oil roasted, with salt added	0.20
36044	ON THE BORDER, Mexican rice	0.20
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	0.19
09352	Blueberries, canned, light syrup, drained	0.19
16399	Peanut butter with omega-3, creamy	0.19
25027	Snacks, plantain chips, salted	0.19
25064	Snacks, potato chips, lightly salted	0.19
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	0.19
14638	Beverages, Horchata, as served in restaurant	0.18
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	0.18
12078	Nuts, brazilnuts, dried, unblanched	0.17
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	0.16
21142	Fast food, biscuit	0.16
32018	Spanish rice mix, dry mix, unprepared	0.16
36417	Restaurant, Mexican, spanish rice	0.16
36602	Restaurant, Chinese, fried rice, without meat	0.16

NDB_No	Description	Tocotrienol, gamma(mg) Value Per
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	0.15
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	0.15
18361	Toaster pastries, brown-sugar-cinnamon	0.15
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	0.14
08025	Cereals ready-to-eat, RALSTON CRISP RICE	0.14
19904	Chocolate, dark, 70-85% cacao solids	0.14
36002	APPLEBEE'S, french fries	0.14
02033	Spices, poppy seed	0.13
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	0.13
12040	Seeds, sunflower seed butter, without salt	0.13
12540	Seeds, sunflower seed butter, with salt added	0.13
20020	Cornmeal, whole-grain, yellow	0.13
36412	Restaurant, Latino, tamale, pork	0.13
42289	Oil, corn and canola	0.13
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	0.12
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	0.12
28307	Bread, naan, plain, commercially prepared, refrigerated	0.12
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	0.11
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	0.11
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	0.11
10895	Pork, cured, ham, separable fat, boneless, unheated	0.11
19109	Candies, KIT KAT Wafer Bar	0.11
21387	BURGER KING, Hash Brown Rounds	0.11
27054	Dip, TOSTITOS, salsa con queso, medium	0.11
36029	DENNY'S, fish fillet, battered or breaded, fried	0.11
01227	Cheese, dry white, queso seco	0.10
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	0.10
09148	Kiwifruit, green, raw	0.10
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	0.10
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	0.10
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	0.10
19903	Chocolate, dark, 60-69% cacao solids	0.10
21130	Fast foods, onion rings, breaded and fried	0.10
21249	BURGER KING, french fries	0.10
21422	KFC, Popcorn Chicken	0.10

NDB_No	Description	Tocotrienol, gamma(mg) Value Per
21509	BURGER KING, Onion Rings	0.10
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	0.10
36401	Restaurant, Latino, chicken and rice, entree, prepared	0.10
02028	Spices, paprika	0.09
04684	Margarine, 80% fat, tub, CANOLA HARVEST Soft Spread (canola, palm and palm kernel oils)	0.09
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	0.09
05673	Chicken, skin (drumsticks and thighs), cooked, braised	0.09
21421	KFC, Crispy Chicken Strips	0.09
36017	Restaurant, family style, macaroni & cheese, from kids' menu	0.09
36056	Restaurant, Mexican, cheese tamales	0.09
01210	Egg Mix, USDA Commodity	0.08
05170	Turkey, skin from whole (light and dark), roasted	0.08
05176	Turkey, heart, all classes, cooked, simmered	0.08
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	0.08
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	0.08
07063	Pork sausage, link/patty, unprepared	0.08
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	0.08
16103	Refried beans, canned, traditional style (includes USDA commodity)	0.08
16403	Refried beans, canned, traditional, reduced sodium	0.08
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	0.08
19902	Chocolate, dark, 45- 59% cacao solids	0.08
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	0.08
21256	BURGER KING, Chicken Strips	0.08
22955	Egg rolls, vegetable, frozen, prepared	0.08
25017	Formulated bar, POWER BAR, chocolate	0.08
27052	Dip, salsa con queso, cheese and salsa- medium	0.08
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	0.08
35015	Blackberries, wild, raw (Alaska Native)	0.08
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	0.08
36014	Restaurant, family style, french fries	0.08
36022	APPLEBEE'S, crunchy onion rings	0.08
36023	APPLEBEE'S, chicken tenders platter	0.08
36032	DENNY'S, spaghetti and meatballs	0.08
36033	Restaurant, family style, fish fillet, battered or breaded, fried	0.08
36038	Restaurant, family style, spaghetti and meatballs	0.08

NDB_No	Description	Tocotrienol, gamma(mg) Value Per
36043	CARRABBA'S ITALIAN GRILL, lasagne	0.08
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	0.08
02024	Spices, mustard seed, ground	0.07
05100	Chicken, broilers or fryers, wing, meat and skin, raw	0.07
05312	Chicken, wing, frozen, glazed, barbecue flavored	0.07
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	0.07
07964	Frankfurter, meat and poultry, cooked, grilled	0.07
09050	Blueberries, raw	0.07
10894	Pork, cured, ham, separable fat, boneless, heated	0.07
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	0.07
21026	Fast foods, potatoes, hash browns, round pieces or patty	0.07
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	0.07
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	0.07
35203	Rose Hips, wild (Northern Plains Indians)	0.07
36020	T.G.I. FRIDAY'S, chicken fingers	0.07
36027	DENNY'S, chicken strips	0.07
36034	Restaurant, family style, chicken tenders	0.07
36058	OLIVE GARDEN, chicken parmigiana without pasta	0.07
36403	Restaurant, Latino, empanadas, beef, prepared	0.07
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	0.07
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	0.06
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	0.06
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	0.06
05306	Ground turkey, cooked	0.06
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	0.06
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	0.06
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	0.06
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	0.06
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	0.06
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	0.06
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	0.06
07064	Pork sausage, link/patty, cooked, pan-fried	0.06
07965	Pork sausage, link/patty, reduced fat, unprepared	0.06
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	0.06
12014	Seeds, pumpkin and squash seed kernels, dried	0.06

NDB_No	Description	Tocotrienol, gamma(mg) Value Per
22973	Corn dogs, frozen, prepared	0.06
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	0.06
36024	CRACKER BARREL, chicken tenderloin platter, fried	0.06
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	0.06
36610	DENNY'S, french fries	0.06
02043	Spices, turmeric, ground	0.05
04611	Margarine, regular, 80% fat, composite, tub, with salt	0.05
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	0.05
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	0.05
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	0.05
05166	Turkey, whole, meat and skin, cooked, roasted	0.05
05188	Turkey, from whole, dark meat, cooked, roasted	0.05
05216	Turkey, back, from whole bird, meat only, roasted	0.05
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	0.05
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	0.05
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	0.05
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	0.05
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	0.05
05707	Turkey, whole, meat and skin, with added solution, roasted	0.05
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	0.05
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	0.05
05741	Turkey, thigh, from whole bird, meat only, roasted	0.05
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	0.05
09449	Nance, frozen, unsweetened	0.05
10123	Pork, cured, bacon, unprepared	0.05
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	0.05
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	0.05
11306	Peas, green, canned, regular pack, solids and liquids	0.05
11812	Peas, green, canned, no salt added, solids and liquids	0.05
18232	Crackers, wheat, regular	0.05
19042	Snacks, potato chips, barbecue-flavor	0.05
19411	Snacks, potato chips, plain, salted	0.05
21270	TACO BELL, Taco Salad	0.05
21401	Fast foods, chicken tenders	0.05
22977	Lasagna with meat sauce, frozen, prepared	0.05

NDB_No	Description	Tocotrienol, gamma(mg) Value Per
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	0.05
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	0.05
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	0.05
36004	APPLEBEE'S, mozzarella sticks	0.05
36008	T.G.I. FRIDAY'S, fried mozzarella	0.05
36018	APPLEBEE'S, fish, hand battered	0.05
36036	Restaurant, family style, onion rings	0.05
36414	Restaurant, Latino, tripe soup	0.05
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	0.05
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	0.05
01228	Cheese, fresh, queso fresco	0.04
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	0.04
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	0.04
05168	Turkey, whole, meat only, cooked, roasted	0.04
05169	Turkey, skin from whole, (light and dark), raw	0.04
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	0.04
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	0.04
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	0.04
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	0.04
05665	Ground turkey, 93% lean, 7% fat, raw	0.04
05674	Chicken, skin (drumsticks and thighs), raw	0.04
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	0.04
05698	Turkey, skin from whole (light and dark), with added solution, raw	0.04
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	0.04
05705	Turkey, whole, meat only, with added solution, roasted	0.04
07968	Kielbasa, fully cooked, grilled	0.04
09447	Plantains, yellow, fried, Latino restaurant	0.04
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	0.04
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	0.04
10861	Pork, cured, bacon, cooked, microwaved	0.04
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	0.04
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	0.04
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	0.04
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	0.04
14632	Beverages, Meal supplement drink, canned, peanut flavor	0.04

NDB_No	Description	Tocotrienol, gamma(mg) Value Per
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	0.04
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	0.04
20648	Sorghum flour, whole-grain	0.04
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	0.04
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	0.04
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	0.04
22904	Chili con carne with beans, canned entree	0.04
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	0.04
36007	T.G.I. FRIDAY'S, french fries	0.04
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	0.04
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	0.04
36025	CRACKER BARREL, coleslaw	0.04
36031	DENNY'S, onion rings	0.04
36041	Restaurant, Italian, lasagna with meat	0.04
36050	Restaurant, Mexican, cheese enchilada	0.04
36059	Restaurant, Italian, chicken parmesan without pasta	0.04
01042	Cheese, pasteurized process, American, fortified with vitamin D	0.03
01253	Cheese, pasteurized process, American, without added vitamin D	0.03
03293	Babyfood, plums, bananas and rice, strained	0.03
05075	Chicken, broilers or fryers, leg, meat and skin, raw	0.03
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	0.03
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	0.03
05172	Turkey, whole, giblets, cooked, simmered	0.03
05177	Turkey, liver, all classes, raw	0.03
05178	Turkey, liver, all classes, cooked, simmered	0.03
05186	Turkey, all classes, light meat, cooked, roasted	0.03
05220	Turkey, breast, from whole bird, meat only, roasted	0.03
05228	Turkey, wing, from whole bird, meat only, roasted	0.03
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	0.03
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	0.03
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	0.03
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	0.03
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	0.03
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	0.03
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	0.03

NDB_No	Description	Tocotrienol, gamma(mg) Value Per
05739	Turkey, drumstick, from whole bird, meat only, roasted	0.03
06067	Soup, chunky vegetable, canned, ready-to-serve	0.03
07962	Frankfurter, meat and poultry, unheated	0.03
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	0.03
09062	Cherimoya, raw	0.03
10150	Pork, cured, ham, whole, separable lean and fat, unheated	0.03
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	0.03
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	0.03
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	0.03
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	0.03
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	0.03
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	0.03
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	0.03
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	0.03
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	0.03
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	0.03
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	0.03
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	0.03
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	0.03
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	0.03
15027	Fish, fish sticks, frozen, prepared	0.03
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	0.03
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	0.03
19404	Snacks, granola bars, soft, uncoated, chocolate chip	0.03
20080	Wheat flour, whole-grain	0.03
21138	Fast foods, potato, french fried in vegetable oil	0.03
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	0.03
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	0.03
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	0.03
22916	Lasagna with meat & sauce, frozen entree	0.03
36000	APPLEBEE'S, 9 oz house sirloin steak	0.03
36012	Restaurant, family style, fried mozzarella sticks	0.03
36404	Restaurant, Latino, arroz con leche (rice pudding)	0.03
36630	Restaurant, Italian, spaghetti with meat sauce	0.03
01046	Cheese food, pasteurized process, American, vitamin D fortified	0.02

NDB_No	Description	Tocotrienol, gamma(mg) Value Per
01254	Cheese food, pasteurized process, American, without added vitamin D	0.02
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	0.02
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	0.02
05080	Chicken, broilers or fryers, leg, meat only, raw	0.02
05174	Turkey, gizzard, all classes, cooked, simmered	0.02
05183	Turkey, dark meat, meat and skin, raw	0.02
05305	Ground turkey, raw	0.02
05663	Ground turkey, fat free, pan-broiled crumbles	0.02
05668	Ground turkey, 85% lean, 15% fat, raw	0.02
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	0.02
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	0.02
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	0.02
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	0.02
06043	Soup, cream of mushroom, canned, condensed	0.02
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	0.02
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	0.02
07963	Frankfurter, meat and poultry, cooked, boiled	0.02
07969	Kielbasa, fully cooked, pan-fried	0.02
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	0.02
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	0.02
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	0.02
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	0.02
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	0.02
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	0.02
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	0.02
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	0.02
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	0.02
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	0.02
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	0.02
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	0.02
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	0.02
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	0.02
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	0.02
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	0.02
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	0.02

NDB_No	Description	Tocotrienol, gamma(mg) Value Per
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	0.02
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	0.02
15234	Fish, catfish, channel, farmed, raw	0.02
15235	Fish, catfish, channel, farmed, cooked, dry heat	0.02
18036	Bread, multi-grain, toasted (includes whole-grain)	0.02
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	0.02
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	0.02
20002	Amaranth grain, cooked	0.02
20138	Wheat, KAMUT khorasan, uncooked	0.02
21247	WENDY'S, french fries	0.02
21267	TACO BELL, BURRITO SUPREME with steak	0.02
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	0.02
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	0.02
21319	McDONALD'S, Hash Brown	0.02
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	0.02
22969	Chili with beans, microwavable bowls	0.02
22970	Macaroni and cheese, frozen entree	0.02
28397	Bread, multi-grain (includes whole-grain)	0.02
36013	Restaurant, family style, sirloin steak	0.02
36026	CRACKER BARREL, onion rings, thick-cut	0.02
36028	DENNY'S, coleslaw	0.02
36035	Restaurant, family style, coleslaw	0.02
36040	CRACKER BARREL, macaroni n' cheese	0.02
36416	Restaurant, Latino, bunuelos (fried yeast bread)	0.02
36618	Restaurant, Chinese, general tso's chicken	0.02
01123	Egg, whole, raw, fresh	0.01
01128	Egg, whole, cooked, fried	0.01
01130	Egg, whole, cooked, omelet	0.01
01131	Egg, whole, cooked, poached	0.01
01132	Egg, whole, cooked, scrambled	0.01
01229	Cheese, white, queso blanco	0.01
03053	Babyfood, dinner, vegetables and beef, strained	0.01
03054	Babyfood, dinner, vegetables and beef, junior	0.01
03995	Babyfood, banana with mixed berries, strained	0.01
05165	Turkey, whole, meat and skin, raw	0.01

NDB_No	Description	Tocotrienol, gamma(mg) Value Per
05167	Turkey, whole, meat only, raw	0.01
05171	Turkey, whole, giblets, raw	0.01
05181	Turkey from whole, light meat, meat and skin, raw	0.01
05187	Turkey from whole, dark meat, meat only, raw	0.01
05215	Turkey, back from whole bird, meat only, raw	0.01
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	0.01
05333	Chicken, ground, crumbles, cooked, pan-browned	0.01
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	0.01
05662	Ground turkey, fat free, raw	0.01
05664	Ground turkey, fat free, patties, broiled	0.01
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	0.01
05694	Turkey, dark meat from whole, meat only, with added solution, raw	0.01
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	0.01
05706	Turkey, whole, meat and skin, with added solution, raw	0.01
05719	Turkey, back, from whole bird, meat only, with added solution, raw	0.01
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	0.01
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	0.01
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	0.01
05732	Turkey, retail parts, breast, meat and skin, raw	0.01
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	0.01
05734	Turkey, retail parts, wing, meat and skin, raw	0.01
05740	Turkey, thigh, from whole bird, meat only, raw	0.01
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	0.01
07007	Bologna, beef	0.01
07970	Kielbasa, fully cooked, unheated	0.01
07979	Sausage, pork, turkey, and beef, reduced sodium	0.01
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	0.01
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	0.01
09226	Papayas, raw	0.01
09279	Plums, raw	0.01
09298	Raisins, seedless	0.01
09334	Feijoa, raw	0.01
09450	Naranjilla (lulo) pulp, frozen, unsweetened	0.01
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	0.01
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	0.01

NDB_No	Description	Tocotrienol, gamma(mg) Value Per
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	0.01
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	0.01
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	0.01
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	0.01
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	0.01
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	0.01
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	0.01
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	0.01
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	0.01
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	0.01
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	0.01
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	0.01
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	0.01
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	0.01
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	0.01
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	0.01
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	0.01
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	0.01
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	0.01
15157	Mollusks, clam, mixed species, raw	0.01
15160	Mollusks, clam, mixed species, canned, drained solids	0.01
15240	Fish, trout, rainbow, farmed, raw	0.01
15241	Fish, trout, rainbow, farmed, cooked, dry heat	0.01
16010	Beans, baked, canned, with pork and sweet sauce	0.01
16171	Refried beans, canned, vegetarian	0.01
16172	Refried beans, canned, fat-free	0.01
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	0.01
18946	Pie crust, refrigerated, regular, baked	0.01
18948	Pie crust, refrigerated, regular, unbaked	0.01
20647	Millet flour	0.01
21238	McDONALD'S, french fries	0.01
21266	TACO BELL, BURRITO SUPREME with chicken	0.01
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	0.01
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	0.01
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	0.01

NDB_No	Description	Tocotrienol, gamma(mg) Value Per
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	0.01
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	0.01
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	0.01
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	0.01
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	0.01
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	0.01
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	0.01
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	0.01
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	0.01
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	0.01
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	0.01
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	0.01
21505	Pizza, cheese topping, thin crust, frozen, cooked	0.01
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	0.01
22971	Potato salad with egg	0.01
22972	Pulled pork in barbecue sauce	0.01
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	0.01
36413	Restaurant, Latino, black bean soup	0.01
36603	Restaurant, Chinese, beef and vegetables	0.01
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	0.01
36617	Restaurant, Chinese, lemon chicken	0.01
36619	Restaurant, Chinese, kung pao chicken	0.01
36621	Restaurant, Chinese, sweet and sour chicken	0.01
36622	Restaurant, Chinese, sweet and sour pork	0.01
01001	Butter, salted	0.00
01002	Butter, whipped, with salt	0.00
01009	Cheese, cheddar	0.00
01012	Cheese, cottage, creamed, large or small curd	0.00
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	0.00
01015	Cheese, cottage, lowfat, 2% milkfat	0.00
01017	Cheese, cream	0.00
01029	Cheese, mozzarella, low moisture, part-skim	0.00
01031	Cheese, neufchatel	0.00
01032	Cheese, parmesan, grated	0.00
01040	Cheese, swiss	0.00

NDB_No	Description	Tocotrienol, gamma(mg) Value Per
01049	Cream, fluid, half and half	0.00
01050	Cream, fluid, light (coffee cream or table cream)	0.00
01053	Cream, fluid, heavy whipping	0.00
01056	Cream, sour, cultured	0.00
01057	Eggnog	0.00
01069	Cream substitute, powdered	0.00
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	0.00
01077	Milk, whole, 3.25% milkfat, with added vitamin D	0.00
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	0.00
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	0.00
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	0.00
01088	Milk, buttermilk, fluid, cultured, lowfat	0.00
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	0.00
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	0.00
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	0.00
01105	Milk, chocolate beverage, hot cocoa, homemade	0.00
01125	Egg, yolk, raw, fresh	0.00
01145	Butter, without salt	0.00
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	0.00
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	0.00
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	0.00
01186	Cheese, cream, fat free	0.00
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	0.00
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	0.00
01225	Dulce de Leche	0.00
01252	Cheese product, pasteurized process, American, vitamin D fortified	0.00
01256	Yogurt, Greek, plain, nonfat	0.00
01260	Cheese, cheddar, reduced fat	0.00
01270	Cheese, cheddar, sharp, sliced	0.00
01271	Cheese, mozzarella, low moisture, part-skim, shredded	0.00
02003	Spices, basil, dried	0.00
02010	Spices, cinnamon, ground	0.00
02011	Spices, cloves, ground	0.00
02020	Spices, garlic powder	0.00
02021	Spices, ginger, ground	0.00

NDB_No	Description	Tocotrienol, gamma(mg) Value Per
02026	Spices, onion powder	0.00
02029	Spices, parsley, dried	0.00
02030	Spices, pepper, black	0.00
02044	Basil, fresh	0.00
02046	Mustard, prepared, yellow	0.00
03001	Babyfood, juice treats, fruit medley, toddler	0.00
03002	Babyfood, meat, beef, strained	0.00
03003	Babyfood, meat, beef, junior	0.00
03005	Babyfood, meat, veal, strained	0.00
03010	Babyfood, meat, lamb, strained	0.00
03015	Babyfood, meat, turkey, strained	0.00
03016	Babyfood, meat, turkey, junior	0.00
03017	Babyfood, meat, turkey sticks, junior	0.00
03044	Babyfood, dinner, macaroni and tomato and beef, strained	0.00
03091	Babyfood, vegetables, green beans, strained	0.00
03104	Babyfood, vegetables, squash, strained	0.00
03105	Babyfood, vegetables, squash, junior	0.00
03121	Babyfood, vegetables, peas, strained	0.00
03130	Babyfood, fruit, peaches, strained	0.00
03131	Babyfood, fruit, peaches, junior	0.00
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	0.00
03186	Babyfood, cereal, mixed, with bananas, dry	0.00
03189	Babyfood, cereal, oatmeal, dry fortified	0.00
03209	Babyfood, crackers, vegetable	0.00
03217	Zwieback	0.00
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	0.00
03279	Babyfood, dinner, mixed vegetable, junior	0.00
03298	Babyfood, dinner, broccoli and chicken, junior	0.00
03681	Babyfood, cereal, barley, prepared with whole milk	0.00
03685	Babyfood, cereal, mixed, prepared with whole milk	0.00
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	0.00
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	0.00
03694	Babyfood, cereal, rice, prepared with whole milk	0.00
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	0.00
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	0.00

NDB_No	Description	Tocotrienol, gamma(mg) Value Per
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	0.00
03964	Babyfood, fortified cereal bar, fruit filling	0.00
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	0.00
03994	Babyfood, fruit, banana and strawberry, junior	0.00
03997	Babyfood, Baby MUM MUM Rice Biscuits	0.00
04002	Lard	0.00
04018	Salad dressing, mayonnaise type, regular, with salt	0.00
04021	Salad dressing, italian dressing, commercial, reduced fat	0.00
04025	Salad dressing, mayonnaise, regular	0.00
04044	Oil, soybean, salad or cooking	0.00
04114	Salad dressing, italian dressing, commercial, regular	0.00
04545	Oil, sunflower, linoleic, (partially hydrogenated)	0.00
04582	Oil, canola	0.00
04585	Margarine-like, margarine-butter blend, soybean oil and butter	0.00
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	0.00
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	0.00
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	0.00
04639	Salad dressing, ranch dressing, regular	0.00
04641	Salad dressing, mayonnaise, light	0.00
04685	Oil, cooking and salad, ENOVA, 80% diglycerides	0.00
04687	Margarine-like spread, BENECOL Light Spread	0.00
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	0.00
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	0.00
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	0.00
04703	Salad dressing, honey mustard, regular	0.00
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	0.00
05022	Chicken, broilers or fryers, giblets, cooked, simmered	0.00
05023	Chicken, gizzard, all classes, raw	0.00
05024	Chicken, gizzard, all classes, cooked, simmered	0.00
05027	Chicken, liver, all classes, raw	0.00
05028	Chicken, liver, all classes, cooked, simmered	0.00
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	0.00
05111	Canada Goose, breast meat, skinless, raw	0.00
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	0.00
05173	Turkey, gizzard, all classes, raw	0.00

NDB_No	Description	Tocotrienol, gamma(mg) Value Per
05175	Turkey, heart, all classes, raw	0.00
05185	Turkey from whole, light meat, raw	0.00
05219	Turkey, breast, from whole bird, meat only, raw	0.00
05227	Turkey, wing, from whole bird, meat only, raw	0.00
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	0.00
05332	Chicken, ground, raw	0.00
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	0.00
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	0.00
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	0.00
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	0.00
05363	Ruffed Grouse, breast meat, skinless, raw	0.00
05661	Chicken, liver, all classes, cooked, pan-fried	0.00
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	0.00
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	0.00
05696	Turkey from whole, light meat, meat only, with added solution, raw	0.00
05704	Turkey, whole, meat only, with added solution, raw	0.00
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	0.00
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	0.00
05738	Turkey, drumstick, from whole bird, meat only, raw	0.00
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	0.00
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	0.00
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	0.00
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	0.00
06024	Soup, chicken and vegetable, canned, ready-to-serve	0.00
06119	Gravy, chicken, canned or bottled, ready-to-serve	0.00
06150	Sauce, barbecue	0.00
06164	Sauce, salsa, ready-to-serve	0.00
06188	Soup, beef broth, less/reduced sodium, ready to serve	0.00
06194	Soup, chicken broth, ready-to-serve	0.00
06307	Sauce, barbecue, KRAFT, original	0.00
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	0.00
06611	Soup, SWANSON, beef broth, lower sodium	0.00
06615	Soup, SWANSON, vegetable broth	0.00
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	0.00
06626	Sauce, pesto, ready-to-serve, refrigerated	0.00

NDB_No	Description	Tocotrienol, gamma(mg) Value Per
06627	Sauce, pesto, ready-to-serve, shelf stable	0.00
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	0.00
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	0.00
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	0.00
06631	Sauce, hot chile, sriracha	0.00
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	0.00
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	0.00
06700	Soup, vegetable broth, ready to serve	0.00
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	0.00
06999	Gravy, CAMPBELL'S, chicken	0.00
07006	Bockwurst, pork, veal, raw	0.00
07043	Roast beef, deli style, prepackaged, sliced	0.00
07044	USDA Commodity, luncheon meat, canned	0.00
07057	Pepperoni, beef and pork, sliced	0.00
07058	Pickle and pimiento loaf, pork	0.00
07070	Salami, cooked, turkey	0.00
07075	Sausage, smoked link sausage, pork and beef	0.00
07254	Turkey bacon, unprepared	0.00
07952	Bologna, chicken, turkey, pork	0.00
07954	Beef sausage, pre-cooked	0.00
07955	Turkey sausage, fresh, raw	0.00
07956	Beef sausage, fresh, cooked	0.00
07957	Pork and turkey sausage, pre-cooked	0.00
07958	Turkey sausage, fresh, cooked	0.00
07959	Bologna, chicken, pork, beef	0.00
07960	Bologna, chicken, pork	0.00
07971	Bologna, meat and poultry	0.00
07972	Meatballs, frozen, Italian style	0.00
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	0.00
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	0.00
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	0.00
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	0.00
08113	Cereals, farina, enriched, cooked with water, without salt	0.00
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	0.00
08122	Cereals, oats, instant, fortified, plain, dry	0.00

NDB_No	Description	Tocotrienol, gamma(mg) Value Per
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	0.00
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	0.00
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	0.00
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	0.00
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	0.00
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	0.00
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	0.00
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	0.00
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	0.00
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	0.00
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	0.00
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	0.00
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	0.00
09004	Apples, raw, without skin	0.00
09011	Apples, dried, sulfured, uncooked	0.00
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	0.00
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	0.00
09032	Apricots, dried, sulfured, uncooked	0.00
09037	Avocados, raw, all commercial varieties	0.00
09038	Avocados, raw, California	0.00
09039	Avocados, raw, Florida	0.00
09040	Bananas, raw	0.00
09042	Blackberries, raw	0.00
09070	Cherries, sweet, raw	0.00
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	0.00
09087	Dates, deglet noor	0.00
09094	Figs, dried, uncooked	0.00
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	0.00
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	0.00
09112	Grapefruit, raw, pink and red, all areas	0.00
09128	Grapefruit juice, white, raw	0.00
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	0.00
09132	Grapes, red or green (European type, such as Thompson seedless), raw	0.00
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	0.00
09144	Jackfruit, raw	0.00

NDB_No	Description	Tocotrienol, gamma(mg) Value Per
09153	Lemon juice from concentrate, canned or bottled	0.00
09160	Lime juice, raw	0.00
09176	Mangos, raw	0.00
09181	Melons, cantaloupe, raw	0.00
09184	Melons, honeydew, raw	0.00
09191	Nectarines, raw	0.00
09193	Olives, ripe, canned (small-extra large)	0.00
09194	Olives, ripe, canned (jumbo-super colossal)	0.00
09195	Olives, pickled, canned or bottled, green	0.00
09202	Oranges, raw, navels	0.00
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	0.00
09214	Orange juice, frozen concentrate, unsweetened, undiluted	0.00
09218	Tangerines, (mandarin oranges), raw	0.00
09236	Peaches, yellow, raw	0.00
09246	Peaches, dried, sulfured, uncooked	0.00
09252	Pears, raw	0.00
09259	Pears, dried, sulfured, uncooked	0.00
09266	Pineapple, raw, all varieties	0.00
09291	Plums, dried (prunes), uncooked	0.00
09294	Prune juice, canned	0.00
09302	Raspberries, raw	0.00
09314	Sapote, mamey, raw	0.00
09316	Strawberries, raw	0.00
09326	Watermelon, raw	0.00
09370	Peaches, canned, heavy syrup, drained	0.00
09401	Applesauce, canned, unsweetened, with added ascorbic acid	0.00
09430	Pineapple, raw, extra sweet variety	0.00
09433	Clementines, raw	0.00
09434	Guanabana nectar, canned	0.00
09435	Guava nectar, canned, with added ascorbic acid	0.00
09436	Mango nectar, canned	0.00
09437	Tamarind nectar, canned	0.00
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	0.00
09518	Raspberries, frozen, unsweetened	0.00
09524	Lemon juice from concentrate, bottled, REAL LEMON	0.00

NDB_No	Description	Tocotrienol, gamma(mg) Value Per
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	0.00
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	0.00
10005	Pork, fresh, belly, raw	0.00
10020	Pork, fresh, loin, whole, separable lean and fat, raw	0.00
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	0.00
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	0.00
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	0.00
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	0.00
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	0.00
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	0.00
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	0.00
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	0.00
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	0.00
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	0.00
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	0.00
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	0.00
10102	Pork, fresh, variety meats and by-products, feet, raw	0.00
10119	Pork, fresh, variety meats and by-products, stomach, raw	0.00
10130	Canadian bacon, unprepared	0.00
10132	Pork, cured, feet, pickled	0.00
10158	USDA Commodity, pork, canned	0.00
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	0.00
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	0.00
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	0.00
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	0.00
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	0.00
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	0.00
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	0.00
10860	Pork, cured, bacon, cooked, baked	0.00
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	0.00
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	0.00
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	0.00
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	0.00
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	0.00
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	0.00

NDB_No	Description	Tocotrienol, gamma(mg) Value Per
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	0.00
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	0.00
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	0.00
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	0.00
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	0.00
10898	Pork, pickled pork hocks	0.00
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	0.00
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	0.00
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	0.00
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	0.00
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	0.00
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	0.00
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	0.00
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	0.00
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	0.00
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	0.00
10998	Canadian bacon, cooked, pan-fried	0.00
11019	Asparagus, frozen, cooked, boiled, drained, without salt	0.00
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	0.00
11090	Broccoli, raw	0.00
11091	Broccoli, cooked, boiled, drained, without salt	0.00
11096	Broccoli raab, raw	0.00
11099	Brussels sprouts, cooked, boiled, drained, without salt	0.00
11109	Cabbage, raw	0.00
11124	Carrots, raw	0.00
11125	Carrots, cooked, boiled, drained, without salt	0.00
11143	Celery, raw	0.00
11205	Cucumber, with peel, raw	0.00
11206	Cucumber, peeled, raw	0.00
11211	Edamame, frozen, unprepared	0.00
11212	Edamame, frozen, prepared	0.00
11243	Mushrooms, portabella, grilled	0.00
11250	Lettuce, butterhead (includes boston and bibb types), raw	0.00
11251	Lettuce, cos or romaine, raw	0.00
11252	Lettuce, iceberg (includes crisphead types), raw	0.00

NDB_No	Description	Tocotrienol, gamma(mg) Value Per
11253	Lettuce, green leaf, raw	0.00
11257	Lettuce, red leaf, raw	0.00
11260	Mushrooms, white, raw	0.00
11263	Mushrooms, white, stir-fried	0.00
11265	Mushrooms, portabella, raw	0.00
11266	Mushrooms, brown, italian, or crimini, raw	0.00
11267	Mushrooms, shiitake, stir-fried	0.00
11278	Okra, raw	0.00
11279	Okra, cooked, boiled, drained, without salt	0.00
11282	Onions, raw	0.00
11286	Onions, yellow, sauteed	0.00
11294	Onions, sweet, raw	0.00
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	0.00
11297	Parsley, fresh	0.00
11333	Peppers, sweet, green, raw	0.00
11339	Peppers, sweet, green, sauteed	0.00
11358	Potatoes, red, flesh and skin, baked	0.00
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	0.00
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	0.00
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	0.00
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	0.00
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	0.00
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	0.00
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	0.00
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	0.00
11399	Potato puffs, frozen, oven-heated	0.00
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	0.00
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	0.00
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	0.00
11429	Radishes, raw	0.00
11457	Spinach, raw	0.00
11463	Spinach, frozen, chopped or leaf, unprepared	0.00
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	0.00
11507	Sweet potato, raw, unprepared	0.00
11508	Sweet potato, cooked, baked in skin, flesh, without salt	0.00

NDB_No	Description	Tocotrienol, gamma(mg) Value Per
11510	Sweet potato, cooked, boiled, without skin	0.00
11529	Tomatoes, red, ripe, raw, year round average	0.00
11530	Tomatoes, red, ripe, cooked	0.00
11531	Tomatoes, red, ripe, canned, packed in tomato juice	0.00
11578	Vegetable juice cocktail, canned	0.00
11585	Vegetable juice cocktail, low sodium, canned	0.00
11657	Potatoes, mashed, home-prepared, whole milk added	0.00
11658	Spinach souffle	0.00
11659	Sweet potato, cooked, candied, home-prepared	0.00
11672	Potato pancakes	0.00
11709	Asparagus, frozen, cooked, boiled, drained, with salt	0.00
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	0.00
11742	Broccoli, cooked, boiled, drained, with salt	0.00
11745	Brussels sprouts, cooked, boiled, drained, with salt	0.00
11757	Carrots, cooked, boiled, drained, with salt	0.00
11803	Okra, cooked, boiled, drained, with salt	0.00
11821	Peppers, sweet, red, raw	0.00
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	0.00
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	0.00
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	0.00
11875	Sweet potato, cooked, baked in skin, flesh, with salt	0.00
11876	Sweet potato, cooked, boiled, without skin, with salt	0.00
11884	Tomatoes, red, ripe, cooked, with salt	0.00
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	0.00
11921	Peppers, sweet, red, sauteed	0.00
11934	Potatoes, mashed, home-prepared, whole milk and butter added	0.00
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	0.00
11938	Mushroom, white, exposed to ultraviolet light, raw	0.00
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	0.00
11950	Mushrooms, enoki, raw	0.00
11979	Peppers, jalapeno, raw	0.00
11987	Mushrooms, oyster, raw	0.00
11993	Mushrooms, maitake, raw	0.00
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	0.00
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	0.00

NDB_No	Description	Tocotrienol, gamma(mg) Value Per
12037	Seeds, sunflower seed kernels, dry roasted, without salt	0.00
12038	Seeds, sunflower seed kernels, oil roasted, without salt	0.00
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	0.00
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	0.00
12220	Seeds, flaxseed	0.00
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	0.00
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	0.00
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	0.00
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	0.00
13166	USDA Commodity, beef, canned	0.00
13318	Beef, variety meats and by-products, brain, raw	0.00
13320	Beef, variety meats and by-products, brain, cooked, simmered	0.00
13321	Beef, variety meats and by-products, heart, raw	0.00
13322	Beef, variety meats and by-products, heart, cooked, simmered	0.00
13323	Beef, variety meats and by-products, kidneys, raw	0.00
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	0.00
13325	Beef, variety meats and by-products, liver, raw	0.00
13326	Beef, variety meats and by-products, liver, cooked, braised	0.00
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	0.00
13340	Beef, variety meats and by-products, tongue, cooked, simmered	0.00
13341	Beef, variety meats and by-products, tripe, raw	0.00
13355	Beef, cured, pastrami	0.00
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	0.00
14056	Beverages, Acai berry drink, fortified	0.00
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	0.00
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	0.00
14209	Beverages, coffee, brewed, prepared with tap water	0.00
14292	Lemonade, frozen concentrate, white	0.00
14542	Lemonade, frozen concentrate, pink	0.00
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	0.00
14629	Beverages, Energy drink, ROCKSTAR	0.00
15015	Fish, cod, Atlantic, raw	0.00
15019	Fish, cod, Pacific, raw (may have been previously frozen)	0.00
15028	Fish, flatfish (flounder and sole species), raw	0.00
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	0.00

NDB_No	Description	Tocotrienol, gamma(mg) Value Per
15033	Fish, haddock, raw	0.00
15034	Fish, haddock, cooked, dry heat	0.00
15036	Fish, halibut, Atlantic and Pacific, raw	0.00
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	0.00
15057	Fish, ocean perch, Atlantic, raw	0.00
15058	Fish, ocean perch, Atlantic, cooked, dry heat	0.00
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	0.00
15070	Fish, rockfish, Pacific, mixed species, raw	0.00
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	0.00
15073	Fish, roughy, orange, raw	0.00
15083	Fish, salmon, pink, raw	0.00
15085	Fish, salmon, sockeye, raw	0.00
15086	Fish, salmon, sockeye, cooked, dry heat	0.00
15087	Fish, salmon, sockeye, canned, drained solids	0.00
15110	Fish, swordfish, raw	0.00
15111	Fish, swordfish, cooked, dry heat	0.00
15119	Fish, tuna, light, canned in oil, drained solids	0.00
15124	Fish, tuna, white, canned in oil, drained solids	0.00
15126	Fish, tuna, white, canned in water, drained solids	0.00
15127	Fish, tuna, fresh, yellowfin, raw	0.00
15138	Crustaceans, crab, alaska king, imitation, made from surimi	0.00
15140	Crustaceans, crab, blue, cooked, moist heat	0.00
15141	Crustaceans, crab, blue, canned	0.00
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	0.00
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	0.00
15152	Crustaceans, shrimp, mixed species, canned	0.00
15162	Mollusks, clam, mixed species, canned, liquid	0.00
15164	Mollusks, mussel, blue, raw	0.00
15172	Mollusks, scallop, mixed species, raw	0.00
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	0.00
15212	Fish, salmon, pink, cooked, dry heat	0.00
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	0.00
15232	Fish, roughy, orange, cooked, dry heat	0.00
15236	Fish, salmon, Atlantic, farmed, raw	0.00
15260	Fish, salmon, pink, canned, drained solids	0.00

NDB_No	Description	Tocotrienol, gamma(mg) Value Per
15261	Fish, tilapia, raw	0.00
15262	Fish, tilapia, cooked, dry heat	0.00
16006	Beans, baked, canned, plain or vegetarian	0.00
16011	Beans, baked, canned, with pork and tomato sauce	0.00
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	0.00
16029	Beans, kidney, all types, mature seeds, canned	0.00
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	0.00
16037	Beans, navy, mature seeds, raw	0.00
16038	Beans, navy, mature seeds, cooked, boiled, without salt	0.00
16069	Lentils, raw	0.00
16090	Peanuts, all types, dry-roasted, with salt	0.00
16097	Peanut butter, chunk style, with salt	0.00
16098	Peanut butter, smooth style, with salt	0.00
16118	Soy flour, low-fat	0.00
16167	USDA Commodity, Peanut Butter, smooth	0.00
16173	Frijoles rojos volteados (Refried beans, red, canned)	0.00
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	0.00
16338	Beans, navy, mature seeds, cooked, boiled, with salt	0.00
16390	Peanuts, all types, dry-roasted, without salt	0.00
16397	Peanut butter, chunk style, without salt	0.00
16398	Peanut butter, smooth style, without salt	0.00
16424	Soy sauce made from soy and wheat (shoyu), low sodium	0.00
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	0.00
17202	Veal, variety meats and by-products, liver, raw	0.00
17203	Veal, variety meats and by-products, liver, cooked, braised	0.00
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	0.00
17218	Veal, variety meats and by-products, thymus, raw	0.00
17219	Veal, variety meats and by-products, thymus, cooked, braised	0.00
18029	Bread, french or vienna (includes sourdough)	0.00
18055	Bread, reduced-calorie, wheat	0.00
18064	Bread, wheat	0.00
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	0.00
18128	Cake, snack cakes, creme-filled, sponge	0.00
18168	Cookies, chocolate sandwich, with extra creme filling	0.00
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	0.00

NDB_No	Description	Tocotrienol, gamma(mg) Value Per
18215	Crackers, cheese, sandwich-type with peanut butter filling	0.00
18228	Crackers, saltines (includes oyster, soda, soup)	0.00
18229	Crackers, standard snack-type, regular	0.00
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	0.00
18235	Crackers, whole-wheat	0.00
18324	Pie, pecan, commercially prepared	0.00
18326	Pie, pumpkin, commercially prepared	0.00
18350	Rolls, hamburger or hotdog, plain	0.00
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	0.00
18365	Waffles, plain, frozen, ready-to-heat	0.00
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	0.00
18621	NABISCO, NABISCO RITZ Crackers	0.00
18927	Crackers, cheese, sandwich-type with cheese filling	0.00
18932	Waffles, buttermilk, frozen, ready-to-heat	0.00
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	0.00
18935	Waffle, plain, frozen, ready-to-heat, microwave	0.00
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	0.00
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	0.00
18944	Pie, Dutch Apple, Commercially Prepared	0.00
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	0.00
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	0.00
18949	Crackers, whole-wheat, reduced fat	0.00
18954	Bread, pound cake type, pan de torta salvadoran	0.00
18955	Bread, pan dulce, sweet yeast bread	0.00
18959	Pastry, Pastelitos de Guava (guava pastries)	0.00
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	0.00
19003	Snacks, corn-based, extruded, chips, plain	0.00
19047	Snacks, pretzels, hard, plain, salted	0.00
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	0.00
19078	Baking chocolate, unsweetened, squares	0.00
19170	Egg custards, dry mix, prepared with whole milk	0.00
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	0.00
19193	Puddings, rice, ready-to-eat	0.00
19205	Egg custards, dry mix, prepared with 2% milk	0.00
19226	Frostings, chocolate, creamy, ready-to-eat	0.00

NDB_No	Description	Tocotrienol, gamma(mg) Value Per
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	0.00
19300	Jellies	0.00
19319	Puddings, banana, dry mix, instant, prepared with whole milk	0.00
19321	Puddings, banana, dry mix, regular, prepared with whole milk	0.00
19364	Toppings, butterscotch or caramel	0.00
19917	Candies, M&M MARS Pretzel Chocolate Candies	0.00
20027	Cornstarch	0.00
20033	Oat bran, raw	0.00
20035	Quinoa, uncooked	0.00
20046	Rice, white, long-grain, parboiled, enriched, dry	0.00
20048	Rice, white, long-grain, precooked or instant, enriched, dry	0.00
20081	Wheat flour, white, all-purpose, enriched, bleached	0.00
20082	Wheat flour, white, all-purpose, self-rising, enriched	0.00
20083	Wheat flour, white, bread, enriched	0.00
20084	Wheat flour, white, cake, enriched	0.00
20109	Noodles, egg, dry, enriched	0.00
20110	Noodles, egg, enriched, cooked	0.00
20120	Pasta, dry, enriched	0.00
20121	Pasta, cooked, enriched, without added salt	0.00
20124	Pasta, whole-wheat, dry	0.00
20125	Pasta, whole-wheat, cooked	0.00
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	0.00
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	0.00
20137	Quinoa, cooked	0.00
20140	Spelt, uncooked	0.00
20141	Spelt, cooked	0.00
20310	Noodles, egg, cooked, enriched, with added salt	0.00
20321	Pasta, cooked, enriched, with added salt	0.00
20409	Noodles, egg, dry, unenriched	0.00
20410	Noodles, egg, unenriched, cooked, without added salt	0.00
20420	Pasta, dry, unenriched	0.00
20421	Pasta, cooked, unenriched, without added salt	0.00
20446	Rice, white, long-grain, parboiled, unenriched, dry	0.00
20510	Noodles, egg, cooked, unenriched, with added salt	0.00
20521	Pasta, cooked, unenriched, with added salt	0.00

NDB_No	Description	Tocotrienol, gamma(mg) Value Per
20581	Wheat flour, white, all-purpose, enriched, unbleached	0.00
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	0.00
20657	Pasta, gluten-free, corn and rice flour, cooked	0.00
21005	Fast Foods, biscuit, with egg and sausage	0.00
21007	Fast foods, biscuit, with egg, cheese, and bacon	0.00
21009	Fast foods, biscuit, with sausage	0.00
21020	Fast foods, english muffin, with cheese and sausage	0.00
21022	Fast foods, english muffin, with egg, cheese, and sausage	0.00
21024	Fast foods, french toast sticks	0.00
21064	Fast foods, burrito, with beans, cheese, and beef	0.00
21078	Fast foods, nachos, with cheese	0.00
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	0.00
21089	Fast foods, cheeseburger; single, regular patty; plain	0.00
21090	Fast foods, cheeseburger; single, regular patty, with condiments	0.00
21096	Fast foods, cheeseburger; single, large patty; plain	0.00
21107	Fast foods, hamburger; single, regular patty; plain	0.00
21108	Fast foods, hamburger; single, regular patty; with condiments	0.00
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	0.00
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	0.00
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	0.00
21127	Fast foods, coleslaw	0.00
21143	CHICK-FIL-A, Chick-n-Strips	0.00
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	0.00
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	0.00
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	0.00
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	0.00
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	0.00
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	0.00
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	0.00
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	0.00
21158	Fast foods, submarine sandwich, meatball marinara on white bread	0.00
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	0.00
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	0.00
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	0.00
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	0.00

NDB_No	Description	Tocotrienol, gamma(mg) Value Per
21202	Fast foods, hamburger, large, single patty, with condiments	0.00
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	0.00
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	0.00
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	0.00
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	0.00
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	0.00
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	0.00
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	0.00
21232	McDONALD'S, FILET-O-FISH	0.00
21250	BURGER KING, Hamburger	0.00
21251	BURGER KING, Cheeseburger	0.00
21252	BURGER KING, WHOPPER, no cheese	0.00
21253	BURGER KING, WHOPPER, with cheese	0.00
21255	BURGER KING, DOUBLE WHOPPER, with cheese	0.00
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	0.00
21263	TACO BELL, Soft Taco with steak	0.00
21264	TACO BELL, Bean Burrito	0.00
21265	TACO BELL, BURRITO SUPREME with beef	0.00
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	0.00
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	0.00
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	0.00
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	0.00
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	0.00
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	0.00
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	0.00
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	0.00
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	0.00
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	0.00
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	0.00
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	0.00
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	0.00
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	0.00
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	0.00
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	0.00
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	0.00

NDB_No	Description	Tocotrienol, gamma(mg) Value Per
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	0.00
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	0.00
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	0.00
21386	BURGER KING, french toast sticks	0.00
21388	Fast foods, miniature cinnamon rolls	0.00
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	0.00
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	0.00
21398	Fast foods, cheeseburger; single, large patty; with condiments	0.00
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	0.00
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	0.00
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	0.00
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	0.00
21419	KFC, biscuit	0.00
21420	KFC, Coleslaw	0.00
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	0.00
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	0.00
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	0.00
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	0.00
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	0.00
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	0.00
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	0.00
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	0.00
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	0.00
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	0.00
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	0.00
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	0.00
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	0.00
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	0.00
22529	Beef Pot Pie, frozen entree, prepared	0.00
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	0.00
22905	Beef stew, canned entree	0.00
22906	Chicken pot pie, frozen entree, prepared	0.00
22910	Lasagna, cheese, frozen, prepared	0.00
22912	Spaghetti, with meatballs in tomato sauce, canned	0.00
22914	Pasta with tomato sauce, no meat, canned	0.00

NDB_No	Description	Tocotrienol, gamma(mg) Value Per
22918	Burrito, bean and cheese, frozen	0.00
22953	Egg rolls, pork, refrigerated, heated	0.00
22954	Egg rolls, chicken, refrigerated, heated	0.00
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	0.00
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	0.00
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	0.00
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.00
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	0.00
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.00
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	0.00
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.00
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	0.00
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	0.00
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.00
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	0.00
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.00
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	0.00
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.00
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	0.00
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.00
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	0.00
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.00
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	0.00
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.00
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	0.00
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.00
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	0.00
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.00
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.00
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.00
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.00
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00

NDB_No	Description	Tocotrienol, gamma(mg) Value Per
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.00
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.00
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.00
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.00
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	0.00
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	0.00
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	0.00
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	0.00
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	0.00
23640	Beef, variety meats and by-products, tripe, cooked, simmered	0.00
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	0.00
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	0.00
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	0.00
25025	Snacks, soy chips or crisps, salted	0.00
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	0.00
25037	Snacks, pita chips, salted	0.00
25038	Snacks, granola bars, soft, almond, confectioners coating	0.00
25040	Snacks, vegetable chips, made from garden vegetables	0.00
25043	Snacks, candy bits, yogurt covered with vitamin C	0.00
25045	Formulated bar, high fiber, chewy, oats and chocolate	0.00
25046	Snacks, bagel chips, plain	0.00
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	0.00
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	0.00
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	0.00
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	0.00
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	0.00
25060	Snack, Pretzel, hard chocolate coated	0.00
25062	Snack, Mixed Berry Bar	0.00
27055	Sauce, barbecue, SWEET BABY RAY'S, original	0.00
27056	Sauce, barbecue, BULL'S-EYE, original	0.00
27057	Sauce, barbecue, KC MASTERPIECE, original	0.00
27058	Sauce, barbecue, OPEN PIT, original	0.00